



Garth LeCheminant, M.D. Jennifer Lemert, A.R.N.P.  
Kayla Roberts, R.N., W.O.C.N.  
Phone: (907) 745-8100

### **ESOPHAGEAL MANOMETRY:**

Esophageal Manometry is a test used to assess pressure and motor function of the esophagus which aids in the evaluation of how well the muscles in the esophagus (food pipe) work to transport liquids or food from your mouth into your stomach.

Esophageal Manometry is performed for the following reasons:

- \*To evaluate the causes of gastric reflux, heartburn, difficulty swallowing and non-cardiac chest pain
- \*Preoperative evaluation for anti-reflux surgery
- \*To ensure proper placement of pH probes

### **HOW ESOPHAGEAL MANOMETRY IS PERFORMED:**

This study will be performed by a technician and only takes about 20 – 30 minutes. A brief history will be obtained and any questions or concerns will be addressed prior to the study. Generally, you will be in a comfortable, semi-reclining or reclining position. Your nose and throat may be numbed with a spray or gel. This will minimize any discomfort associated with the placement of the small catheter through your nose and into your stomach. During this time, you will be able to breath, swallow and talk with ease.

During the course of the study you will be asked to take deep breaths or swallow a number of times. The pressures resulting from these movements will be detected and recorded by tiny sensors located on the catheter. The recording will then be transferred to a report for review and interpretation by your doctor.

This study is very safe and complications are rare. Potential complications include gagging during the procedure and possible post procedure nosebleed and sore throat. Rare complications include esophageal perforation that might require surgical intervention.

### **PREPARATION FOR ESOPHAGEAL MANOMETRY**

- \*Do NOT eat food 8 hours prior to test. Do NOT drink anything 4 hours prior to test.
- \*You may take necessary medications with a small sip of water up to 2 hours before your study. These medications include high blood pressure and heart medication. Please consult your physician.
- \*If you are a diabetic, follow your physicians' instructions regarding medication dosage.
- \*Medications to avoid the day of the procedure include: all pain medications, sedatives, tranquilizers, antispasmodics and promotility medications. These medications can affect the muscles of your esophagus, altering the outcome result of your study.

### **AFTER THE ESOPHAGEAL MANOMETRY:**

You may resume your normal daily activities, diet and medications following the study. You may drive yourself home after the study since no sedation is involved. If you experience a sore throat, lozenges or gargling with salt water may help. Please schedule a follow-up visit with your physician to discuss the results of the study. Contact your physician with any unusual symptoms or side effects.

**DATE OF APPOINTMENT** \_\_\_\_\_ **TIME OF APPOINTMENT** \_\_\_\_\_

**FOLLOW UP APPOINTMENT** \_\_\_\_\_ **TIME OF APPOINTMENT** \_\_\_\_\_

**IF YOU HAVE ANY QUESTIONS REGARDING YOUR APPOINTMENT PLEASE CALL 745-8100**